



The Garrison Safety Office
Offers June 2006 Safety Tips
for the
Darmstadt, Heidelberg, Kaiserslautern and Mannheim
Communities



GRILLING SAFETY 101

Backyard barbecuing! It's a summertime ritual, a not-so missing link between our modern selves and our primitive ancestors. And it smells good.

But barbecuing involves working around high heat and flammable materials, and that means inherent hazards. Safety matters in the backyard, too. To ensure safety at your next barbecue, triangulate your attention on adequate protective equipment, safe work habits, and proper maintenance.

Protective Equipment

Barbecue mitts or hot pads give your hands direct protection, but long-handled, heat resistant preparation utensils such as forks, tongs and spatulas work as the primary defense against painful burns by keeping distance between the outdoor chef and the heat. A heavy, securely fastened apron can also help to protect clothing from splashes, splatters and stains.

What you don't wear can be as important as what you do. The safety-conscious chef won't be caught wearing loose shirts or blouses with long, flowing sleeves. Baggy sleeves can easily stray into flames or onto a hot coals, rapidly transforming a festive backyard cookout into a surrealistic nightmare complete with sirens, ambulances and dour-faced emergency room staff.

Safety Guidelines

No matter what the fuel source, charcoal or gas, grills should only be set up in well-ventilated areas. Using grills in enclosed areas such as breezeways, basements, or even garages could lead to a build-up of deadly carbon monoxide gas. The result could be irreversible injury or even death for those exposed.

Commercial lighter fluids are specifically formulated to penetrate charcoal briquettes and ignite them in a slow, controlled fashion. Never substitute gasoline or other highly volatile fluids for commercial lighter fluids. Gasoline is formulated to power internal combustion engines. Under the right conditions, gasoline and the drop of a match could ignite not only the briquettes, but the chef and the chef's residence as well.

Other grilling enjoinders include: never use a grill on a wooden deck or patio, never move a grill until the fuel source is disconnected or used up and the grill has cooled off, never leave a grill unattended, especially if children or pets are present, and never do your grilling while under the influence of alcohol or other controlled substances.

According to the Weber Charcoal Cookbook, the intensity of the heat on a charcoal grill should be controlled by adjusting the bottom vents. The vents on the lid of a Weber grill should always be in the full open position during cooking.

Maintenance

The grill experts at Weber recommend a thorough annual cleaning. After ashes have been removed, built-up grease should be cleaned from surfaces using a spray-on oven cleaner. Next, wash with detergent and water to remove cleaner residue. Removing grease will enhance the efficiency of the grill and eliminate the possibility of a grease fire.

Owners of gas grills should refer to their owner's manual for specific maintenance procedures. The venturi tubes on gas grills must be cleaned periodically. Insects and spiders can build nests inside these tubes and these nests can block gas flow and cause a fire in and around the operating valve.

Following these basic safety measures will not guarantee culinary acclaim for your signature barbecue dishes, but ignoring them could be a recipe for disaster.

Source: www.labsafety.com

ELECTRICAL SAFETY

For those considering any home improvement repairs such as roof work, exterior painting, landscaping, fencing, tree trimming or building a patio, following a few simple precautions can help avoid a painful and costly accident.

"When starting summer projects, it is critical to be aware of the locations of overhead power lines, and to stay at least ten feet away from them when working outside," said David Powell, PG&E's public safety manager. "This is especially important when working with any long-handled tools like tree pruners or loppers."

Following are a few simple safety tips to help homeowners work safely:

Working Safely Outdoors

Look up First. Wherever you are, always look up for power lines before you begin work. Make sure you take the necessary safety precautions to keep away from them.

Remember the 10 Foot Rule: Keep all vehicles, equipment, tools and people at least 10 feet away from overhead power lines. This is especially important when using long-handled tools or ladders.

Pruning trees. Check for power lines that may run through or near trees. Branches may have grown too close to a power line, and you or your tools or ladder may come into contact with an overhead line.

Be sure to use extension cords marked for outdoor use. An indoor extension cord used outdoors can result in electric shock or cause a fire hazard.

If the job is too advanced for your skills, call a qualified and licensed professional to perform the job for you.

Use Electrical Tools Wisely

Inspect and maintain your electrical tools regularly, including lawn mowers, hedge clippers, chain saws, and any shop tools like table saws, bench grinders and drill presses. Look for frayed power cords, broken plugs or cracked housings.

Never use electrical tools in the rain or in wet areas.

Specifically, do not use electrically powered lawn mowers on wet grass.

Use three-pronged outlets and plugs and use properly-rated extension cords.

Always wear appropriate personal protective equipment like face shields, safety glasses, gloves and boots. Refer to the owner's manual for recommended protective equipment.

Inspect Your Home For Electrical Safety

Regularly check outlets and extension cords to make sure they aren't overloaded or frayed. Remember -- don't place extension cords under rugs or carpets because they may become overheated and cause a fire.

Make sure the proper wattage light bulbs are being used in light fixtures and lamps.

Install Ground Fault Circuit Interrupters (GFCIs) in areas that can get wet such as the kitchen, bathrooms or outdoors.

Test your smoke detector monthly and replace batteries twice per year. Even if it is hard-wired, it still has a battery back-up that needs to be maintained.

Tips provided by Pacific Gas and Electric.

UNIT RECREATIONAL & ORGANIZATIONAL DAY WATER SAFETY

Suggested water safety tips to keep your Soldiers, Civilians, and families Safe from the Combat Readiness Center

Memorial Day weekend is the beginning of summer for many - a time to open up the backyard pool, put the family boat in the water, and make plans to head to the beach. Units will plan organizational days and parties that take place at lakes, beaches, and rivers or streams throughout the summer.

But as enjoyable as these summer pastimes are, they can also pose hazards for adults and especially children. Recreational boating, waterskiing, jet skiing, and swimming have often been plagued with hazards. In most cases, those hazards which can be avoided by taking some simple precautions.

Proper selection, training, and behavior-based safety countermeasures for swimming, watercraft, and water sports in general will prevent many accidents. Since water safety programs are mainly directed at off-duty recreational times, it often becomes a family-oriented safety program.

Commanders are responsible for developing and maintaining effective water safety programs as part of a comprehensive unit safety program. Suggestions for units include but are not limited to,

- a. Ensure the composite risk management (CRM) process is integrated in the planning process.
- b. All organizational activities that involve swimming, boating, and diving will address each activity in planning and the after action review process.
- c. While riding in or on any watercraft on or off an installation, all soldiers and civilians at unit events will wear appropriate life preservers.
- d. Ensure personal flotation devices, (PFD) are available for those that have difficulty swimming.
- e. Commanders should ensure that at all unit sponsored events a Red Cross certified lifeguard is on duty and has the skills and equipment to administer a life saving response for water-related emergencies applicable to both children and adults alike. Even at swim at your own risk locations.

Suggested Prohibited Activities, Alcohol use by soldiers should be prohibited at all times while operating watercraft to include riding with an operator that has been consuming alcohol while at a unit function.

Links to Water Safety:

[Red Cross Life Guard Information](#)

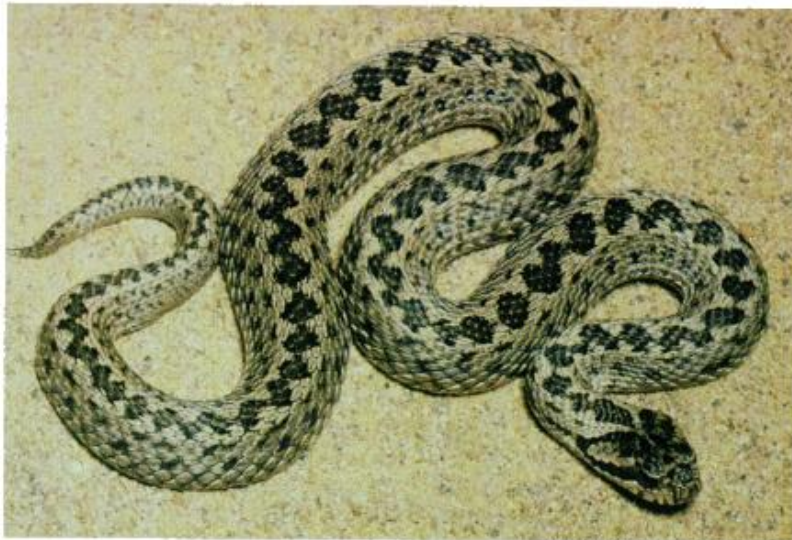
[US Army Corps of Engineer Water Safety](#)

[US Coast Guard Water Safety](#)

MEDICAL UPDATE: MAY 2006

Within the past 24hrs we had a soldier within the BDE bitten by a snake. He was working out in his yard in the Vilseck housing area and was lifting a rock and was bitten by a snake. This soldier after he was bit in the arm started feeling sick to his stomach, his arm started going numb and he also felt like he was running a fever. The soldier immediately contacted a neighbor and was taken to the hospital in Sulzbach, GE. After treatment at the Emergency room in the Sulzbach hospital, it was determined that this soldier needed further treatment and was sent to a hospital in Munich; where he is currently being evaluated. What this did soldier in regards to seeking medical care after this event, was exactly right. See below information on details of this snake and treatment for snake bites.

Ursini's viper



Ursini's viper
Vipera ursinii

Description: The common adder, long-nosed adder, and Ursini's viper basically have the same coloration and dorsal zigzag pattern. The exception among these adders is that the common adder and Ursini's viper lack the projection of tiny scales on the

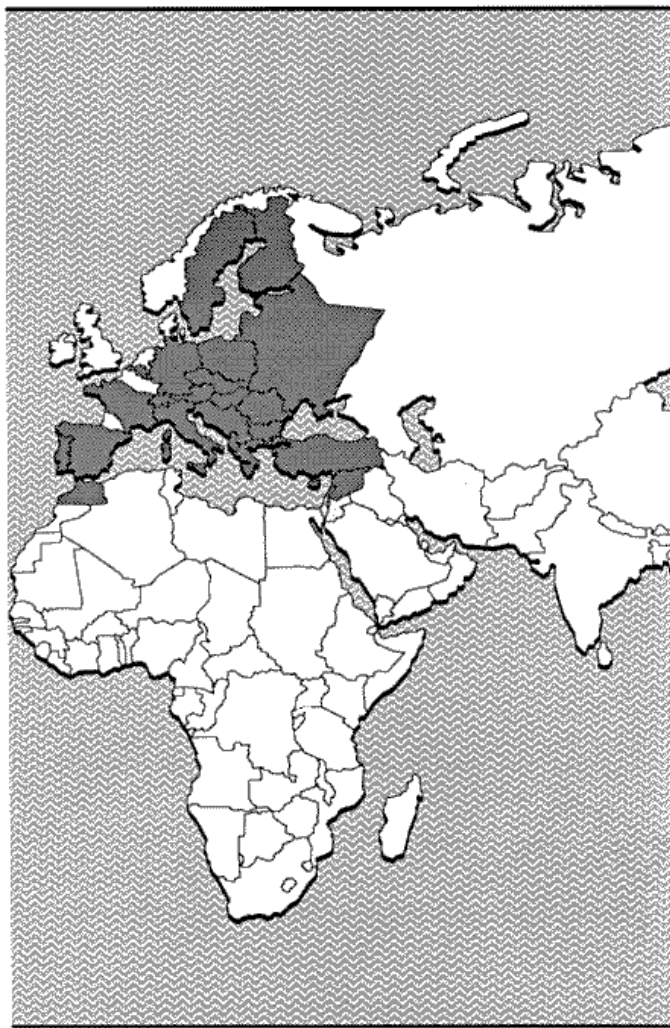
tip of the nose.

Characteristics: These little vipers have an irritable disposition. They will readily strike when approached. Their venom is hemotoxic. Although rare, deaths from the bites of these vipers have been recorded.

Habitat: Meadows, farmlands, rocky hillsides, and open, grassy fields.

Length: Average 45 centimeters, maximum 90 centimeters.

Distribution: Most of Europe, Greece, Germany, Yugoslavia, France, Italy, Hungary, Romania, Bulgaria, and Albania.



Treating a Poisonous Bite

Steps:

1. Determine if the snake may be poisonous. Most poisonous snakes have certain physical characteristics: a triangular-shaped head, slit-like eyes and an indentation between the nose and eyes.
2. Seek medical help immediately if you know or even suspect a snake may be poisonous.
3. Stay calm and lie as quietly as possible if medical care is on the way.
4. Use a commercial snakebite kit if medical help is more than 30 minutes away.
5. Try to keep your body warm.
6. Keep the area that was bitten below the level of your heart.
7. Wrap a bandage snugly several inches above (not on) the bite if it's on an arm or leg.
8. Keep the wounded area immobile and use a splint if possible.

Tips:

- Educate yourself ahead of time about what types of snakes are in the area.

Warnings:

- **Do not use a tourniquet, apply ice or heat to the wound, cut the wound or try to suck out the venom, or take any drugs, including aspirin or alcohol.**

Treating a Nonpoisonous Bite

Steps:

1. Wash the area of the bite with soap and water and rinse well.
2. Allow the bleeding to stop by itself unless it is severe.
3. Get a tetanus shot if you have not had one in five or more years, or if your primary vaccine series is incomplete.
4. Watch for increasing redness and swelling, red streaks on the skin, puss, fever or increasing warmth around the wound; these are all signs of a possible infection.

Tips:

- Bites from nonpoisonous snakes are generally benign and heal without incident.

Overall Warnings:

- **If symptoms persist or if you have specific medical conditions or concerns, we recommend you contact a physician. This information is not intended as a substitute for professional medical advice or treatment.**

Tips

- **One More "TO DO" Step** *by Greta*
Don't forget to remove jewelry (especially rings). The location of the bite will most definitely swell... and you don't want to be wearing a ring when your hand starts doubling/tripling in size!

POC CPT Davidson, HHC 3BDE Surgeon. 476-4121